

# Spring 2012

## Group Fitness Class Descriptions



**30/30:** A great total body workout giving you 30 minutes of toning with 30 minutes of aerobics! This workout utilizes a variety of equipment and maximizes your time for a well-rounded fitness routine. It's an incredible two-fitness-components-in-one type of deal!

**Ab Blast:** A 30-minute workout focused on progressive abdominal and lower-back exercises to give you a strong and centered core as well as improve balance, posture and body alignment. Get ready to BLAST those abdominal muscles into shape!

**Aqua Aerobics:** It's time to heat up the pool! This 60-minute workout uses the natural resistance and buoyancy of water to provide an effective, low-impact routine. It's suitable for all fitness levels, and will be even MORE exciting this semester with our NEW aqua dumbbells! *\*Classes takes place in the KEC pool\**

**Butts & Guts:** This class is a quick, no fuss, high energy muscle conditioning class that tones and shapes your hips, thighs, buttock and abdomen. These exercises target and tone your entire core and lower body!

**Drums Alive™:** This format combines traditional aerobic movements with the powerful beat and rhythm of the drums. This is a workout for the entire body, mind and spirit! Feel and experience the pulsating rhythms, dynamic movements and powerful percussions of this new high-energy dance and rhythm program.

**Dual Body Workout:** Two heads are always better than one! Join us for a BRAND NEW tag team taught fitness class! Bring a friend or come on your own for this creative, fun-filled workout that puts the GROUP in group fitness!

**Fitness Fusion:** Bring on a medley of cardio and toning! Experience a variety of class formats in one such as step aerobics, kickboxing and strength training. Increase your endurance, muscle tone and overall fitness with this new funky and fresh style!

**Full Body Circuit:** This format includes multi-joint exercises for an effective, challenging and active strength and conditioning class. An action packed thirty minutes that gives you a great, functional, full body workout!

**Group Personal Training:** Have you ever been curious as to what it feels like to get a workout designed by a certified personal trainer?! Well now is the time! This format mixes traditional dynamic and body weight exercises with circuits, interval and strength training. Get ready to push yourself and whip that body into shape with our very own NETA certified personal trainer, Dan Chojacki!

**Kickboxing:** A power packed cardio workout that will help you jab and kick your way into a new level of fitness! It combines aerobics, boxing and martial arts. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance.

**Pilates & Abs:** This is a method of exercise and physical movement designed to stretch, strengthen and stabilize. Pilates takes a balanced approach so the body works as an efficient, holistic system in sport and daily activity. Not to mention, your abdominal muscles will be rejuvenated and strengthened throughout the entire workout!

**Punk Rope™:** This class is a playful cross between recess and boot camp. The combination of themed workouts, creative calisthenics, fitness games, rope jumping and raise-the-roof music will bring out the kid in you!

**Sculpt & Tone:** Focus on muscular strength and conditioning using your own body weight, free weights, resistance bands, gliding discs, steps and stability balls! Condition your entire being and reap the benefits of the accompanied energy boosts!

**Stretch It!:** This class solely focuses on flexibility—a huge component of our overall fitness, performance enhancement as well as injury prevention. Get ready to lengthen those muscle fibers and feel amazing!

**TurboKick™:** This is the hottest cardio kickboxing class around for fitness training. TurboKick™ is a fusion of hip hop and kickboxing in which you'll kick, punch and groove to the music! Come try out this intense, action-packed, fun-filled, hot and effective class!

**Yoga:** Challenge and connect your mind and body with yoga poses, conscious breathing and relaxation techniques. Remember - yoga is an individual practice, where all judgment, competition, and expectations are let go, and the focus is internal on your own practice that day.

**Yogalates:** This innovative class is a unique blend of Yoga and Pilates combined to improve core strength, flexibility, posture, stability and coordination.

**Zumba™:** A fusion of Latin inspired cardio dancing for a great, dynamic and effective fitness class. The routines combine fast and slow rhythms that tone, sculpt and inspire! It's time to ditch the workout and join the party!